

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وَلَدِ آدَمَ كَمَا يُحِبُّ وَيَرْضَى بِأَنْ يُصَلَّى عَلَيْهِ

Allah Almighty, in Whose Name we begin, The Most Compassionate,  
The Most Merciful

All Praise is due to Allah Almighty, Countless Peace and Blessings be upon  
His Beloved Messenger – *may Allah's peace and blessings be upon him* – his family & his  
companions – *may Allah be pleased with them all*

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## The Sahaba and his Wife Fasted

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Once, Hadrat Sayyiduna Abu Umaamah - *may Allah be pleased with him* - asked the Holy Prophet - *may Allah's peace and blessings be upon him* - to make Du'a that he is also martyred in the path of Islam. He continued to ask this on many occasions. However, the Holy Prophet - *may Allah's peace and blessings be upon him* - continued to make Du'a for his safety.

Then one day, he asked the Holy Prophet - *may Allah's peace and blessings be upon him*, "O Prophet of Allah! Please guide me to perform such an action which would acquire benefit for me."

The Holy Prophet - *may Allah's peace and blessings be upon him* - advised him to keep fast.

Thereafter, Hadrat Sayyiduna Abu Umaamah - *may Allah be pleased with him* - always kept fast. As a matter of fact, even his wife and servant also joined him in keeping fast every day. It is mentioned that keeping fast became a symbol of this blessed household. In fact, whenever people saw smoke appear from the chimney of their home as if food was been prepared, they immediately began to say, “There is no doubt that today guests have arrived at this house because during the day, no food is prepared.” (Musnad Imam Ahmed)

This also teaches us that the Muslim sisters of the past always joined their husbands when it came to performing noble deeds and actions and they never allowed themselves to become an obstacle in the path of Islam. If the blessed wife of Hadrat Sayyiduna Abu Umaamah - *may Allah be pleased with him* - did not support him in this noble mission, then certainly it would have become very difficult for him to continue living in this noble manner.